



Safety On The Line



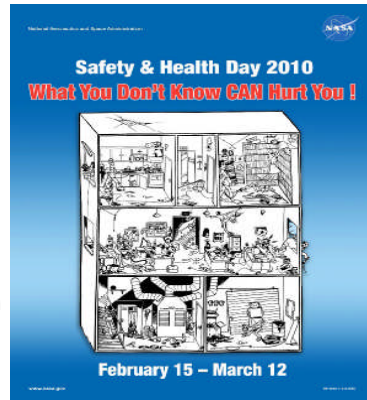
A service of the NASA/KSC Safety & Mission Assurance Directorate – February 2010

"Stress is like an iceberg. We can see the 1/8 above the surface, but what about the 7/8 below it?"

Safety and Health Day 2010

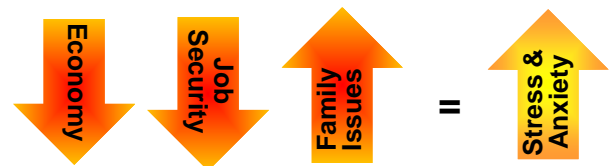
Safety Reminders: Badges & PPE

KSC's Safety and Health Day program for 2010 is entitled **"What You Don't Know CAN Hurt You!"** -- emphasizing ways we all can help prevent mishaps and injury to ourselves, fellow employees, family, and friends. The 2010 open period for the program is February 15 – March 12.



Employees are reminded to ensure they receive training on the proper fit, wear, and maintenance of all personal protective equipment (PPE) they use. Always fit and wear your PPE in accordance with manufacturers' instructions. Also, be aware of the position of your KSC badge to ensure it does not present an additional hazard during work (i.e. caught in equipment or obscuring vision).

How Are You Doing? Are You Ok?



This year's programmed Safety and Health training was developed by several KSC organizations and includes:

- ❑ **Institutional Safety – How Are We Doing: A look at KSC's 2009 safety and health performance**
- ❑ **Occupational Health/Industrial Hygiene – Chemical Safety Board Case Studies highlighting incidents that resulted in multiple employee fatalities**
- ❑ **KSC Mishap Lessons Learned – Lessons Learned Case Studies from past NASA Mishaps**
- ❑ **KSC Fire Prevention and Emergency Egress – Do's and Don'ts of fire safety at work and home**
- ❑ **KSC Traffic Management – Defensive Driving Awareness Program**
- ❑ **Safety and Mission Assurance – How to conduct and complete a System Safety and Job Hazard Analysis**

Each NASA-KSC Directorate will complete a 4 to 8 hour safety stand-down during the open period. Directorates are encouraged to partner with their contractor counterparts during this event. Additionally, safety and health-related booths will be located in the HQ, SSPF, and OSB lobbies on specific days during the month to offer additional information to employees. The booth schedule will be published separately and in the KSC Daily News during the coming weeks.

The Safety & Health Day Program Website is located at:
<http://nasa.ksc.nasa.gov/safetyhealth/index.htm>

Additional Information and Resources for Stress and Anxiety

- 1: KSC EAP Website: <http://eap.ksc.nasa.gov/services.htm>
- 2: Manage Stress: www.aboutstressmanagement.com
- 3: Anxiety Management: www.anxietymanagement.com
- 4: NIOSH Stress at Work: <http://www.cdc.gov/niosh/docs/99-101/>

One of these three factors will affect, at some point in our lives, stress and anxiety levels—all three may strike at the same time. With the current state of the economy and the uncertainty of NASA and KSC's future, many of us, including family members, may have to cope with the effects of stress and anxiety.

STRESS! Releases neuro-chemicals and hormones in the body that prepare us for action (to fight or flight). Prolonged, uninterrupted, unexpected, and unmanageable stress can lead to serious health problems. The American Medical Association identifies stress as a factor in over 75% of illnesses today. According to the World Health Organization, it is our **#1 Health Problem**.

ANXIETY!!! is a multisystem response to a perceived threat or danger. It reflects a combination of biochemical changes in the body. Anxiety disorders are the most common mental health problem. They affect about **30 million Americans** at a direct and indirect healthcare cost of **\$42-46 billion per year**.

SO, WHAT CAN YOU DO???

Communication is one of the best tools a person can use to help combat stress and anxiety at work and at home. Keeping open and honest communication with a support network of family, friends, and coworkers is key. Resources are available for NASA and contractor employees through the KSC Employee Assistance Program (EAP). KSC EAP points of contact are **Patricia Bell (861-8647)** and **Walter Hersing (867-7398)**.



Do you have questions, comments, or an article you would like to submit? Contact Reneka Whicker @867-1549 or Brian Gloade @867-9436, mail code SA-E/MEI or e-mail. Safety on the Line is also on the Web at <http://sotl.ksc.nasa.gov>